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\$5,000,000
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SO YOU WANT TO REMAIN PREMIER: WYNNE EDITION

METRO ASKS LIBERAL
LEADER ABOUT THE
GAS PLANT SCANDAL,
SUBWAY SUPPORT, AND
THE PC'S PROPOSED
CUTS **PAGE 5**

Moncton mourns three fallen officers

Hundreds show support for
RCMP after 3 were killed and
2 injured in shooting
rampage last week **PAGE 6**

FIFA World Cup fever: Shoes, strikes and strikers

We've got new footwear
and a subway strike that
threatens the games **PAGE 7**

That's one Gangnam Style hangover

Korean YouTube sensation
— from 2012 — recently
teamed up with Snoop
Dogg on hip-hop track **PAGE 11**



NOT JUST BLOWING SMOKE

London's got a new factory and people all over the world want to use it. This Western University facility in southeast London is unique, and it makes ... miniature tornadoes. Story on page 3. GEOFF ROBINS/THE CANADIAN PRESS

Getting paid for getting fit

GOODcoins. City
offering virtual currency
for lifestyle changes

You've heard of bitcoins.

Well, now the city is digging into another form of virtual currency designed to get people walking the walk and pedalling the bike to a healthier lifestyle.

Those who do will be rewarded with GOODcoins, which can be used to buy a number of environment-friendly goods and services such as solar lights, compost bins, organic bedding, food and more.

GOODcoins can be accumulated by participating in one or more London campaigns, including walking for 15 minutes a day for 15 days or pedalling for 300 minutes in a month.

It's easy to do.

Go to London.GoodCoins.ca to sign up and download the app to any iPhone or Android — they're working on a Black-

Berry version, but aren't there yet. As long as your phone is with you, every step taken or pedal pushed will be recorded.

"This is a different kind of rewards program," said Jay Stanford, the city's director of environment, fleet and solid waste. "It's the new kid on the block, and it has a completely different vision."

The program is being offered through Zerofootprint Software, which has a mission to reward positive behaviour and healthy choices. GOODcoins, described as "evidence-based rewards currency," are being used in places from P.E.I. to Vancouver. The company itself is based in New York and Toronto.

Zerofootprint CEO Dr. Ron Dembo said London is "the poster-child city for launching programs like this."

Coins can also be accumulated by reducing energy consumption, completing surveys and inviting friends to join.

SCOTT TAYLOR/METRO



Join the largest cycling series in North America!

Grand Bend to London – July 26-27

Register at **msbike.ca** and enter code: **MSB13** to receive \$5 off.

MS BIKE

GEAR UP TO END MS

Traffic snared

Charges laid
in truck crash

A Hamilton man has been charged in a Sunday transport-truck crash that turned Highway 401 near Dorchester Road into a parking lot.

Police said Oscar Flores, 55, was following too close to other vehicles as they slowed about 11 a.m. In an attempt to avoid hitting them, Flores hit the brakes and skidded across the westbound lanes of traffic, causing his truck to roll and hit the centre median, police said.

The crash blocked westbound lanes and threw debris into eastbound traffic. All westbound lanes and some eastbound were closed for 4 1/2 hours.

Flores was taken to hospital and has since been released. **METRO**

St. Thomas

Cops seek pair in
pharmacy heist

St. Thomas police are on the hunt for two men wanted in a Monday robbery at Pharmasave at 417 Wellington St.

It's believed the men got away with a large amount of prescription medication and cash after prying open a back door at about 12:20 a.m.

A witness described one suspect as tall, wearing a black leather jacket, a black mask, a camouflage hat and gloves. The other suspect stands about five-foot-nine and was wearing a beige mask, police said.

The vehicle believed to have been used in the robbery was found later in Paynes Mills. It had been reported stolen from the Waterloo area and had plates stolen from a St. Thomas vehicle.

SCOTT TAYLOR/METRO



Picturesque but separate — reconnecting with the Thames River is a major part of planning principles in London. This scene was shot in Harris Park on Monday. **MIKE DONACHIE/METRO**

Inviting thoughts about the Thames

River redesign. Committee supports plans for international design contest



MIKE DONACHIE
mike.donachie@metronews.ca

Ideas for redesigning the banks of the Thames River could come from all over the world, thanks to a decision at city hall Monday night.

The move is a great investment, chief planner John Fleming told council members, explaining that a \$50,000 contribution from the public purse will be well-spent.

The money was in the city's capital budget for design work in Ivey Park and Harris Park, Fleming said, but spending it on a London Community Foundation contest to design riverside projects between Oxford and Adelaide streets means international attention. "We're leveraging that money many times over," Fleming said.

The foundation's Fred Galoway told the investment and economic prosperity committee that the organization will start the ball rolling with \$250,000 and is looking for help to meet the overall budget of \$500,000.

"Whether you're five, 35 or 75, this will become an investment that all Londoners will

enjoy," said Coun. Matt Brown.

The idea is "aspirational, inspirational and significant for the future of our city," said Coun. Paul Hubert.

But Coun. Joe Swan repeated concerns aired last week that London has many general plans but little action. He asked for reassurances from staff that any project could be included in a capital budget.

City manager Art Zuidema said Swan's concern was valid but asked him to "have faith," adding that the city couldn't buy the publicity that the contest will bring.

The committee agreed to have staff work with the community foundation on terms of reference for the design contest.

Project partners

Although the London Community Foundation is starting this process, the idea is that a community partnership will make it happen.

- Partners will include Fanshawe's planning and urban design program, the Upper Thames River Conservation Authority, the SoHo Community Association, the Ontario Trillium Foundation, the Middlesex-London Health Unit, the Richard Ivey School of Business at Western and the Lawson Foundation.

Hospital sale the medicine SoHo needs



Demolition continues at the former Victoria Hospital in SoHo. **MIKE DONACHIE/METRO**

It's a once-in-a-lifetime opportunity to benefit London's core, and the support was overwhelming.

City hall was full of enthusiasm from staff and council members Monday about the sale of the former Victoria Hospital site in SoHo.

It now looks almost certain it will go ahead, subject to council approval Tuesday.

"When you see some-

thing special like this, you just know it's going to make a difference," said Coun. Judy Bryant, who represents the ward involved.

The next step is to ask developers to join in. There are messages directed to them in the brief presented to the investment and economic prosperity committee Monday.

There will be "bonus" aspects for public benefits

like sustainability and what Fleming called a "flexible" approach to zoning.

City manager Art Zuidema summed it up, pointing out that it's an attractive piece of real estate near a downtown area and a river.

"It is very rare that a municipality has an opportunity to develop as large a chunk of land as (we) have before us now," he said.

MIKE DONACHIE/METRO

Development goals

- Recouping the city's investment
- Employment
- Revitalizing SoHo
- Enhancing river access
- Preserving heritage

MARCEL MARCELLIN
LONDON-FANSHAWE

Student leader 'terrified' at prospect of Hudak as premier

Three days left.

Wynne finds friends at London high school



SCOTT TAYLOR

scott.taylor@metronews.ca

With just three days left before the political fight of her life, provincial Liberal leader Kathleen Wynne couldn't have found stronger allies Monday than a group of London students.

While Wynne and local Liberal candidates Deb Matthews and Marcel Marcellin didn't take questions from reporters after a short gathering at Sir Frederick Banting Secondary School, incoming Thames Valley District School Board student trustee Eric Muellejans said the thought of a Progressive Conservative government "terrifies" him.

"Even though we're on the record, having Tim Hudak as premier terrifies me," the 18-year-old Strathroy District Collegiate Institute student

said. "It honestly scares the living daylights out of me. When I saw one of the polls that said the Conservatives were up, I had goosebumps."

Outgoing student city trustee Diana Idibe, 18, said she was pleased Wynne took the time to listen to their concerns.

"We have been at the forefront of the student voice in Ontario," the Banting senior said. "Nationwide, really, Ontario is looked at as the model for how the student voice can really work, and I know that this government has taken the time to consult within the province."

Not everyone was happy with Wynne's visit, though. The Tories issued a statement accusing Wynne of violating TVDSB policies prohibiting distribution of political advertising and material by an outside agency that promotes a specific party, group, person or personal point of view in school buildings.

A board spokesman disagreed, saying the meeting was allowed because it was after school hours and Wynne spoke with invited students.



Thames Valley District School Board student trustee Eric Muellejans sits between political heavyweights Deb Matthews, left, and Kathleen Wynne on Monday at Sir Frederick Banting Secondary School. SCOTT TAYLOR/METRO

Hudak would cut education jobs



Ontario Progressive Conservative Leader Tim Hudak greets supporters as he arrives at a campaign stop in Ottawa on Monday. JUSTIN TANG/THE CANADIAN PRESS

Progressive Conservative Leader Tim Hudak promised Monday that his pledge to cut public sector jobs won't take a toll on special education classes, but said schools would be different under his government.

He said the cuts will target some 9,600 "non-classroom personnel" considered expendable by the Drummond report, which examined Ontario government spending across the board.

"We've got to make some choices ... but what do I want to see? What does our plan involve? Making sure that special education students get the best quality of education possible."

He said that with education spending up at a time when there are fewer students in school, it's time to take a close look at the system and programs such as full-day kindergarten, which was brought in by the Liberals.

"More money, fewer kids and our test scores have either plateaued or gone dangerously down in areas like mathematics," said Hudak. "Some of these programs do have merit.

Deep cuts

100,000

Number of public-sector jobs PC leader Tim Hudak has pledged to cut if elected

But we're in a realm of not if a program is good or bad, it's what can we afford."

The Tory platform calls for increasing class sizes, which could affect the number of public school teachers, and reducing the number of early childhood educators in full-day kindergarten classes.

Hudak said the steps are needed to balance the budget within two years — a target he intends to hit by letting go public sector employees and not replacing those who stop working.

The Liberals claim Hudak's plan would see upwards of 22,000 educational workers lose their jobs: 10,000 early childhood educators, another 10,000 support staff and "thousands" of teachers.

THE CANADIAN PRESS

Invoking Jack. Horwath turns to Layton legacy in final days of campaign

Ontario NDP Leader Andrea Horwath aligned her campaign Monday with the federal New Democrats, invoking the late Jack Layton's legacy as another former party leader came to her defence following an attack from the Liberal premier.

Horwath shot back at Premier Kathleen Wynne while standing in front of a memorial statue of Layton, who led the federal party to a massive surge in support and official Opposition status in the last national election.

Wynne used Layton's name over the weekend to slam Horwath for refusing to rule out propping up a Tory-led minority government. Horwath, whose party has been a consistent third in the polls during this provincial campaign, said the Liberals want voters to forget that Layton would have stood against their scandal-ridden government.

Turnout woes

Elections Ontario says the number of voters casting an advance ballot has dropped roughly nine per cent compared with the 2011 race.

- The last election saw the lowest turnout in the province's history, with only 49 per cent of voters casting a ballot.

"Ms. Wynne likes to talk a lot about great NDP leaders, but I can tell you the same people like Jack Layton that she talks about fought Liberal corruption all his life," Horwath said Monday. "Jack fought the same battle that I'm fighting today, and that's why I'm standing in front of this memorial to remember, to remind people exactly what Liberals are like."

THE CANADIAN PRESS



JESSICA
SMITH CROSS
Metro in Toronto

If Liberal Leader Kathleen Wynne's opponents have their way, the gas plant scandal — or Liberal scandals generally — will be the defining issue of the election.

Wynne spoke to Metro by phone Friday, as part of our series of one-on-one interviews with the provincial leaders.

The news that the OPP anti-rackets squad had served legislature staff with an order to produce documents related to the scandal, and that the OPP interviewed former premier Dalton McGuinty in April, had broken the night before.

"I knew, from the press, that (McGuinty) was going to be (interviewed), but I had no idea of the date, and I found out yesterday," Wynne said.

In last week's debate, Wynne was asked by her chief opponent — Progressive Conservative Leader Tim Hudak — why she didn't "just say no" to signing a document that was part of the gas plant scandal and which, in his words, "sold taxpayers up the river."

Her answer in the debate wasn't clear. So Metro gave her the chance to answer that question again. In response, Wynne emphasized that the decision to move the gas plants was one to which all three major parties had agreed.

"The full answer is that I was part of a government that was implementing this decision — that had been agreed on by all of the parties," Wynne said.

"It was basically the beginning of a process, of a negotiation, in order to make sure that those gas plants were relocated," she said. "If I had had all the information then that I have now, then I wouldn't have signed that document. But I didn't."

Her government's support for building a subway

CONTRIBUTED



KATHLEEN WYNNE:

As part of a series of Metro interviews with provincial leaders ahead of the June 12 election, we talked to Kathleen Wynne about the gas plant scandal, subway support and why she thinks the proposed cuts by the Progressive Conservatives would be dire for Ontario

'IF I HAD HAD ALL THE INFORMATION THEN ... I WOULDN'T HAVE SIGNED THAT DOCUMENT'

rather than an LRT in Scarborough has been compared, by some, to the gas plant scandal in that it was a costly decision to cancel agreed-to plans — a decision that may have political benefits for the Ontario Liberals in strategic ridings.

Metro's Matt Elliott raised concerns about the decision in a column, and Spacing magazine recently published the results of its investigation into the political machinations of the decision.

Wynne denied that the de-

cision was politically motivated, despite the fact that the Liberal byelection candidate in Scarborough-Guildwood, Mitzie Hunter, campaigned as the subway champion, and won. Instead, she said it was made based on discussions

with Toronto City Hall.

One of the components of the Liberal's transit and transportation funding plan is raising the tax on aviation fuel, which will likely make it more expensive to fly into and out of the province, if im-

plemented. Wynne declined to answer the question on what impact that will have on the economy.

"I think, I really need to turn that question around," she said. "I think we have to ask, what is the toll on productivity in this region if we do not build transit? The toll on the whole range of communities across the GTHA is huge, it's billions of dollars a year that is lost in productivity and, beyond that, it's quality of life in terms of people's stress, in terms of people's ability to spend time with their families."

The \$29 billion over 10 years budgeted for new transit and transportation infrastructure — \$15 billion for transit in the GTHA and \$14 billion for transportation in the rest of the province — is a key part of the Liberal platform.

Months before the election, Wynne consulted widely on what revenue tools would be best to raise the necessary funds — such as tolls, a tax on congestion or an increase in the gas tax or HST — and once predicted she would be campaigning on that politically difficult decision.

Instead, her government proposed a fiscal grab bag that includes borrowing, asset sales and redirecting other existing revenue streams.

When asked where the political will for a gas tax or HST increase had gone, Wynne said she recognized it "was not viable at this point."

"The broad swath of middle-class people are still struggling coming out of the economic downturn," she said.

Wynne's message to Metro readers wasn't about scandal, it was about whether Ontario should make the cuts proposed by the Progressive Conservatives, or not.

"We're at a very important junction. This election is a choice between a plan that is going to invest in and build up the region as well as the province and a plan that Tim Hudak's putting forward that would push back, in terms of economic recovery, that would push us back into recession. It's a very important decision that people are making."

Where the Liberals stand:

On ranked ballots and electoral reform:

"What we've said is we'd be open to municipalities looking at ranked ballots and we'll work with municipalities. There's only one municipality that has asked for that, and we're open to having that discussion, yes."

On affordable housing:

"We have, in our term, built

17,000 units of affordable housing; we did partner with the federal government and we have committed to continuing to partner with them for the next phase of building and renovating affordable housing ... I will continue to work with other provinces, quite frankly, to petition the federal government to continue to support, and go beyond that and put in place a national housing strategy. We are also com-

mitted to putting \$42 million into the homelessness programs that municipalities administer and all of that is contained in our budget and our plan."

On guaranteed minimum income:

"The Ontario Child Benefit has lifted thousands of kids out of poverty and, in fact, one of the things that I'm worried about, in terms of our budget not being

implemented, is that we were on track to put another \$100 into the Ontario Child Benefit for families in need. So we will continue to work. It's absolutely why we have a poverty reduction strategy, it's why we are investing in homelessness, it's why we are moving ahead to increase, we want not just to increase the minimum wage, but index it to the CPI. Those are all initiatives we've taken to ensure that people have

an adequate living wage."

Does she believe coalition governments are a legitimate part of parliamentary democracy in Ontario, and does she believe voters would want one?

"We've been very clear that the party that receives the most seats on June 12 is the party that has the right to try to form government. I'm not going to weigh in on hypotheticals about coali-

tions one way or another; we've been very clear what our position is."

On childcare:

"We are the government that has brought in full-day kindergarten and right now the childcare system is in a transition, and we'll continue to work with municipalities and with childcare providers to make sure that they can continue to offer service."

Slain Mounties honoured at public visitation in Moncton

'Such a loss.'

Thousands of police officers expected to attend RCMP regimental funeral in Moncton Tuesday

People in Moncton came together Monday in a public show of support for the RCMP as they grieved the deaths of three Mounties shot dead in the line of duty last week.

Under a cloudless sky, people gathered at the Moncton Wesleyan Celebration Centre for a public visitation service for constables Fabrice Georges Gevaudan, Douglas James Larche and Dave Joseph Ross.

About 200 people were lined up as the doors swung open to a large auditorium, where three flag-draped caskets lay near the front of the room. Atop each casket was a Mountie's brown Stetson.

"I really think there's a need for us, the people of the city, to support the RCMP," said local resident Elaine Gray, who dabbed her reddened eyes with a tissue.

"For me, I just wanted to say thank you again and again to these people.... (What happened) was so senseless and such a shame and such a loss. I didn't know any of them personally. I know all of them now."

The visitation service was held as the city prepares to welcome thousands of police officers from across Canada for an RCMP regimental funeral service Tuesday.

Mayor George LeBlanc said he expects between 5,000 and 7,000 police officers will attend the funeral at the Moncton Coliseum. The service will be televised.

Justin Bourque, 24, of Moncton is facing three charges of first-degree murder and two counts of attempted murder.

THE CANADIAN PRESS



The caskets of, from left, Const. Dave Joseph Ross, 32, Const. Douglas James Larche, 40, and Const. Fabrice Georges Gevaudan, 45, sit in Wesleyan Celebration Centre in Moncton, N.B., Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Unrelated charge

Death threat for police

A man was charged in Moncton, N.B., on Monday with uttering a threat to cause death to peace officers, but RCMP issued a statement saying it is not connected to their investigation into the shooting deaths last week of three Mounties.

During a court appearance Monday by Jasper John Stam, the judge reportedly ordered that he have no contact with Justin Bourque, the accused in slayings of the three RCMP officers, at the request of a Crown attorney. The public prosecution service in New Brunswick would not explain why the request was made.

THE CANADIAN PRESS

'Frank' on climate change: PM



Prime Minister Stephen Harper meets Australian Prime Minister Tony Abbott in Ottawa Monday. ADRIAN WYLD/THE CANADIAN PRESS

Prime Minister Stephen Harper says there's not a country in the world that would take action on climate change at the expense of its own economy — no matter what it might say.

Canada wants to deal with climate change without crippling the economy, he said Monday at a news conference with Australian Prime Minister Tony Abbott.

"And, frankly, every single country in the world, this is their position," Harper said.

"No country is going to undertake actions on climate change, no matter what they say ... that is going to deliberately destroy jobs and growth in their country."

"We are just a little more frank about that, but that is the approach that every country is seeking."

Abbott, who is in Ottawa on an official visit, said every country should do what it thinks is best to deal with climate change.

"We think that climate change is a significant prob-

Canada defended

President Barack Obama has introduced regulations to chop carbon emissions from U.S. power plants by 30 per cent by 2030.

- Stephen Harper says Canada has already done more to lower carbon emissions in its electricity sector than the U.S.

lem. It's not the only or even the most important that the world faces, but it is a significant problem," he said.

"It's important that every country should take the action that it thinks is best to reduce emissions, because we should rest lightly on the planet."

Abbott added he is "encouraged" by regulations introduced in the United States last week to chop carbon emissions from U.S. power plants by 30 per cent by 2030.

THE CANADIAN PRESS

Prostitution. Canadians favour crackdown on sex trade, Harper says

The Conservatives are cracking down on johns and pimps because legalizing their activities would be unacceptable to Canadians, says Prime Minister Stephen Harper.

In defending new government legislation on prostitution, Harper said Monday that activities related to the sex trade are outlawed because they are harmful to women and society in general.

"They are not harmful because they are illegal,"

Harper said. "They are illegal because they are harmful."

Legislation introduced this month would, if passed, criminalize the purchase of sexual services, take aim at those who benefit from prostitution and outlaw the sale of sex near places where children gather.

Some critics say the proposed law does not adequately protect women, failing to meet the Supreme Court's primary concern.

THE CANADIAN PRESS

Boko Haram

Group suspected in kidnapping

Suspected Boko Haram gunmen have reportedly kidnapped 20 women from a nomadic settlement in northeast Nigeria near the town of Chibok, where the Islamic militants abducted more than 300 schoolgirls

and young women on April 15.

Alhaji Tar, a member of the vigilante groups set up to resist Boko Haram's attacks, said the men arrived at noon Thursday in the Garkin Fulani settlement and forced the women to enter their vehicles at gunpoint. He says they drove away to an unknown location in Borno state. THE ASSOCIATED PRESS



ALL EYES ON BRAZIL

Two more days until the 2014 FIFA World Cup starts. Metro has you covered with the latest.

Something new afoot

Shoe companies unveil new products

Nike, Adidas, Puma and other shoemakers are all trotting out new and innovative looks for this summer's World Cup. Shoe deals are part of the game for every star, and even some average players. Cristiano Ronaldo wears Nike. Lionel Messi wears Adidas. Puma and Mizuno have their own athletes. Here are five things to know about the boots on the ground in Brazil:

1

What the heck? Puma is pushing the envelope by putting its athletes in one pink shoe and one blue shoe. Apparently, this will make it easier to tell which foot that player delivers goals with: Pink is right and blue is left. Look for Spain's Cesc Fabregas and Italy's Mario Balotelli in the boots.

Shoes or socks? Nike's statement for the World Cup is its new Magista and Mercurial soccer boots that use the company's fly-knit technology, which basically looks like cleats attached to a pair of socks. Cristiano Ronaldo is going to be wearing the Mercurial Superfly, a high-top version with a cool name.

2

3

Adidas goes retro. Adidas is offering the back-and-white Battle Pack collection of four different cleats. The only pop of colour is the trademark three stripes in neon orange. An exception was made for Messi, who gets the star treatment with his own design and a bit of added Argentina blue on his F50s.

Golden boot. The top goal scorer at the World Cup receives the Golden Boot award. But at least one player will already have his golden boots: Mizuno has designed special gold-and-black Wave Ignitus 3s for Keisuke Honda of Japan. It's only fitting for a player whose nickname is "Emperor Keisuke."

4

5

Shine a light. Ecuador goalkeeper Maximo Banguera will be wearing Lotto Solista boots that have a special skin that reflects light, which the Italian shoemaker claims causes the shoes to "glow" in direct sunshine or under bright lights. We'll let you be the judge. There are a number of YouTube videos demonstrating the effect.



Spain's Andres Iniesta is seen wearing his Nike Magista cleats during an exhibition soccer game. LIUS M. ALVAREZ/THE ASSOCIATED PRESS



World Cup fever is hot, so hit the beach to cool down!

People play with a soccer ball on Ipanema beach on Monday in Rio de Janeiro, Brazil. From souvenir hunting to autographs to trying some underwater kicks, revellers in Brazil have been preparing for the World Cup, which starts on Thursday and runs through July 13. Scan the photo with your Metro News app to see a photo gallery of the scene in Brazil. JOE RAEDLE/GETTY IMAGES

Transport chaos. Subway workers' strike threatens travel to World Cup games

Brazilian police and striking subway workers clashed Monday in a central Sao Paulo commuter station, with union officials threatening to maintain the work stoppage through the World Cup opening match here this week.

The threat came despite a Brazilian labour court ruling on Sunday the strike is illegal.

Authorities are deeply worried about the strike because the subway is the main means of transportation for World Cup fans who will attend Thursday's opening match when Brazil takes on Croatia.

The stadium is about 20 kilometres east of central Sao Paulo, where most tourists stay. Earlier Monday, riot police

firing tear gas forced about 100 striking workers out of the station as the strike threw Sao Paulo's normally congested traffic into chaos for a fifth day. About half of the city's subway stations were operating, but with greatly diminished service.

"This is the way they negotiate, with tear gas and repression," said Alexandre Roland, a union leader.

The standoff with the Sao Paulo transport workers is the latest unrest to hit Brazil in the run-up to the World Cup.

Teachers remain on strike in Rio de Janeiro and routinely rally and block streets. Police in several cities have gone on strike, but are back at work now. THE ASSOCIATED PRESS



Commuters wait to transfer to an open metro station during a tangled morning commute on Monday in Sao Paulo, Brazil. MARIO TAMA/GETTY IMAGES

Finance minister calls for Ontario to tighten its belt

Budget. Joe Oliver says while Canada will post a \$6-billion surplus, provincial leaders must find ways to cut back

Finance Minister Joe Oliver says he's concerned that provincial governments and Canada's global allies will reverse five years of gains since the 2008-09 recession by taking the pedal off efforts to cut budgetary deficits and debt.

The minister reminded an international economic conference that Canada will post a \$6-billion surplus in 2015-16, but said the average budgetary deficit among G7 countries is 5.9 per cent of gross domestic product.

The numbers don't lie

Finance Minister Joe Oliver says the eventual rise in interest rates and potential downgrades by credit rating agencies will cause debt payment costs to balloon.

- "These are inescapable mathematical calculations. It's about arithmetic."

Oliver applauded Quebec's recent restraint budget and, on the eve of an Ontario election, called on this province to make a similar move.

Ontario's Progressive Conservatives are promising deep cuts in public sector jobs if elected, but Oliver says he's not trying to inter-

vene in Thursday's vote.

"No matter which party wins the election, I will encourage the new government to make a serious commitment to growth and a balanced budget," he said Monday.

Oliver later told reporters that facts need to be recognized: "Canada cannot arrive at its potential if the biggest province remains in difficulty."

However, the minister said he is not concerned that fiscal restraint by the two largest provinces will provoke a national economic slowdown, saying "acting responsibly" won't be a drag.

Oliver also said he's optimistic that weak Canadian exports and stagnant capital investments will recover.

THE CANADIAN PRESS



From corsets to the Wonderbra

This image released by the Museum at the Fashion Institute of Technology (FIT) in New York shows a 1770s European silk corset. From the corset to a 2014 bra-and-panty set in stretch silk, the Museum at FIT has taken on lingerie and ladies' foundation garments as the focus of a new exhibit. In about 70 pieces, *Exposed: A History of Lingerie* touches on the mechanics, marketing and cultural touchstones that have not only shaped women, but also shaped culture worldwide. The exhibition runs through Nov. 15.

EILEEN COSTA/THE MUSEUM AT FIT/THE ASSOCIATED PRESS

Equifax

Demand for credit rising out West

Credit monitoring agency Equifax says demand for credit has increased for four consecutive quarters in Western Canada, while demand in the Eastern provinces continues to slow.

Equifax says first-quarter statistics show that consumers' overall debt, including mortgages, remains high at around \$1.4 trillion, up from \$1.33 trillion in the same period last year.

THE CANADIAN PRESS

Market Minute

DOLLAR
91.68¢ (+0.19¢)

TSX
14,871.21 (+32.31)

OIL
\$104.41 US (+\$1.75)

GOLD
\$1,253.90 US (+\$1.40)

Natural gas: \$4.63 US (-\$0.08)
Dow Jones: 16,943.10 (+18.82)

'Lightweighting' latest route to better fuel economy



The lightweight Fusion sedan unveiled Tuesday. FORD MOTOR CO./THE ASSOCIATED PRESS

While hybrids and electrics may grab the headlines, the real frontier in fuel economy is the switch to lighter materials.

Automakers have been experimenting for decades with lightweighting, as the practice is known, but the effort is gaining urgency with the adoption of tougher fuel efficiency standards. To meet the U.S. government's goal of nearly doubling average fuel economy to 19 km/L by 2025, cars need to lose some serious pounds.

Lighter doesn't mean less safe. Cars with new materials

are acing government crash tests. Around 30 per cent of new vehicles have hoods made of aluminum, which can absorb the same amount of impact as steel. Some car companies are teaming up with airplane makers, who have years of crash simulation data for lightweight materials.

Ford gave a glimpse of the future last week with a lightweight Fusion car. The prototype, developed with the U.S. Department of Energy, is about 800 pounds lighter than a typical Fusion thanks to dozens of changes in parts and materials.

The car won't be in dealerships any time soon. For one thing, it's prohibitively expensive. Its seats, for example, cost up to \$73 US apiece because they have carbon fibre frames. The same seats with steel frames are \$12.

Still, prototypes are helping Ford and other companies figure out the ideal mix of materials.

"These are the technologies that will creep into vehicles in the next three to five years," said Matt Zaluzec, Ford's technical leader for materials and manufacturing research.

THE ASSOCIATED PRESS

Driving change

Some vehicles have already made a lightweight leap.

- Land Rover's 2013 Range Rover, which went on sale last year, dropped around 317 kilograms with its all-aluminum body.
- The new Acura MDX shed 124 kilograms thanks to increased use of high-strength steel, aluminum and magnesium.

Detroit. Big Three co.'s helping Motor City with \$26M for retirees, art

General Motors, Ford and Chrysler are driving into Detroit's bankruptcy reorganization by pledging \$26 million US to help support retiree pensions while keeping the city's art treasures off the auction block, officials announced Monday.

The money will go toward city pensions and will be part

of the Detroit Institute of Arts' \$100-million commitment to what's being called the "grand bargain" to resolve the largest public bankruptcy in U.S. history. It's helping keep city-owned pieces in the museum off the auction block as some creditors demand they be sold to pay off some of Detroit's billions in debt. THE ASSOCIATED PRESS

America. Toxic water ruling could block other homeowners from suing

The U.S. Supreme Court ruled Monday that a group of homeowners in North Carolina can't sue a company that contaminated their drinking water decades ago because a state deadline has lapsed, a decision that could prevent thousands of other property owners in similar cases from recovering dam-

ages after being exposed to toxic waste.

In a 7-2 decision, the justices said state law strictly bars any lawsuit brought more than 10 years after the contamination occurred — even if residents did not realize their water was polluted until years later.

THE ASSOCIATED PRESS

Bubble not bursting yet. Home construction up 0.8% in Canada in May

Canadian home construction showed surprising strength in May, beating market expectations and continuing to defy expectations of a slowdown as the pace of housing starts hit a seven-month high.

The 0.8 per cent gain in May to a seasonally adjusted annual pace of 198,324 starts reported by Canada Mortgage

and Housing Corp. built on the previous month's rebound from the near five-year low of 157,500 set in March, which increasingly appears to have been related to unusually poor weather.

Still, economists say the housing market can't sustain such a pace for much longer.

THE CANADIAN PRESS

RIGHT TO BARE ARMS NOT ABOUT GENDER

As temperatures increase, so do the number of dress-code-related suspensions at schools across the country. About 30 students from Menihek High School in Labrador City, N.L., were sent home recently for wearing sleeveless shirts. One U.S. school even went so far as to digitally alter their yearbook photos — adding necklines and lengthening sleeves — in order to bring female students in line with its conservative dress code.

Angry teens and parents are speaking out against school administrations and their body-shaming clothing guidelines that demand young girls cover up so that their male schoolmates don't get "distracted" from their chemistry lesson. Personally I think we're kidding ourselves if we believe any teenage boy with Internet access would lose his mind over a bare collarbone or a visible bra strap.

Dress codes disproportionately affect female students; apparel designed for teenage girls is more revealing, and thus it's more likely to fall under a school's provisions about exposed midriffs



SHE SAYS
Jessica Napier
metronews.ca

and thighs. But if schools want to enforce mandatory clothing guidelines, they shouldn't do so in the name of oppressing sexuality and regulating male hormones. We need to take sex out of the equation and instead teach young girls AND boys about dressing appropriately.

Quebec student Lindsey Stocker is just one of many teenagers making headlines for violating her school's dress code. The Grade 11 student was suspended last month for wearing a pair of jean shorts that failed to pass the "fingertip" test. Stocker claims she was forced to stand up in front of her entire class with her arms by her side to determine whether her cut-offs were long enough to extend beyond her fingertips. They weren't.

Not only is this hemline examination embarrassing for students, it's also inherently flawed since it depends entirely on the individual's own body type. And let's face it — most of the shorts currently on sale at mainstream retailers aren't long enough to pass the fingertip test.

Adolescence is a confusing period of self-discovery and pushing boundaries. Pop culture and trendy fashion designers encourage young girls to show off their bodies while their parents and educational institutions are telling them to cover up.

School administrators need to have more tact when dealing with dress code violations rather than shaming offenders in the middle of a classroom full of their peers. Policing female bodies in order to preserve puritanical concerns of modesty is problematic. If schools insist on implementing rules on what not to wear, the rules shouldn't be about regulating sexuality; rather, dress codes should be designed to prepare students for life after graduation.

Young men and women should be encouraged to express their individuality, but they also need to understand the expectations of real-world employers. It's hardly a draconian measure to ask teens to reserve their beachwear for the weekends and cover up in the classroom. Especially when you consider some careers demand strict uniforms while most other jobs require a certain level of professional dress.

Sorry, kids, your future boss isn't going to care about your right to bare arms.

ZOOM

Willy Wonka would be proud



The Edible Mist Machines are available for hire. Inventor Charlie Harry Francis says: "It's interesting to see how clients are using them. We've had bookings for minty palate cleansers, double-flavour hits — strawberries and cream, bacon and chocolate — then clients who want to completely flavour-theme their event with multiple fun fair flavours like cotton candy, toffee apple and popcorn." COURTESY DAN REGAN/REX FEATURES

Charlie and the Edible Mist Machine

A British inventor has created a mist-ifying machine that allows you to inhale tastes including chocolate, apple pie, smoked bacon and even lobster.

The Edible Mist Machine produces delicious edible vapour in a range of more than 200 flavours. It is the brainchild of Charlie Harry Francis, founder of experimental food inventors Lick Me I'm Delicious.

METRO

Glow-in-the-dark, Viagra, and other frozen treats

Francis's other claim to culinary fame has been experimental ice cream, including The Arousal, a dessert laced with Viagra designed to be man's ideal "pick-me-up."

In a recent Metro interview, Francis said: "Viagra is the funniest, but the oddest was the glow-in-the-dark ice cream because it uses jellyfish luminescence." METRO

Quoted



"It's a pretty fun machine; the range of flavours is massive and it's zero calories."

Charlie Harry Francis, 29, founder of experimental food inventors Lick Me I'm Delicious

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 7 in News, pages 10 and 11 in Scene and page 22 in Sports

MetroTube

Best of the bumper crop



ANDREW FIFIELD
andrew.fifield@metronews.ca

The coast of Newfoundland is, to use the local parlance, "maggoty" with icebergs this year. And this arched behemoth off Cape Spear is probably the most famous of this year's bumper crop.

Not content with the standard boat tourism, this light aircraft pilot decided to treat himself — and us — to a flyby of the famous berg. Then, seemingly non-content with a flyby, he decides to take things up a notch. (Via bendavis555/YouTube)



THE CANADIAN PRESS FILE

Letters

Ontario residents head to the polls in a few days and there is little talk about health care. To make it a priority, the Canadian Cancer Society is challenging leaders to take action on cancer issues, including access to take home cancer medications. Coping with a diagnosis and undergoing treatment is difficult enough, patients and families should not have to worry about how to fund their drugs. Provinces in Western Canada have provincial programs that cover the cost of eligible cancer drugs taken at home. It is time for Ontario to catch up. **Angie Woodcock, Canadian Cancer Society**



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Swanberg comes out from behind the lens

Sort of. The multi-talented actor/director plays a cameraman in Ti West's latest creepy cult thriller, *The Sacramento*



NED
EHRBAR

Metro World News in Hollywood

Indie filmmaker Joe Swanberg has a habit of turning up as an actor in friends' films — like *The Sacramento*, Ti West's found-footage thriller about a Vice reporting crew getting in over their heads at a remote Jonestown-like encampment. Of course, Swanberg spends most of the film manning a camera, so it wasn't that much of a stretch.

You're playing a cameraman in this, and it's a "found footage" film. Did you actually do any of the camera work yourself?

I did, yeah. There were just certain situations that required that because the camera was going to have to spin around and just see the whole room. Ti and I basically traded off operating duties. It was an interesting challenge because I was either performing with the camera on my shoulder, or what was even weirder was performing standing behind Ti who had the camera on his shoulder and sort of pretending to be there. It took a little bit to wrap my head around it.

Had you come across any cultish types of things like this before?

Not really, but I was fascinated with Jonestown. When Ti first called me about the movie, I had already seen a ton of documentaries about Jonestown and read a lot about Peoples Temple, so it was a story that was already really intriguing to me. And then adding the Vice component was really exciting because they're just so active right now, covering different kinds of stories and putting themselves into dangerous situations. I spent some time figuring out that kind of Vice vibe. They have their own way of doing it, so we wanted to try to get that right.

How do you balance acting



Joe Swanberg says he mostly ends up acting in his friends' films. GETTY



Ti West's latest film is about a reporting crew's run-in with a disturbing cult. CONTRIBUTED

What was Jonestown?

In the late 1970s, cult leader Jim Jones moved several hundred members of his group, the Peoples Temple, from the U.S. to Jonestown, Guyana. When relatives raised concerns about their

loved ones, a U.S. delegation visited the compound. It was during this visit that Jones spiked drinks with poison, killing himself and hundreds of his followers, including children.

and pursuing your own film-making goals?

I've been pretty busy as a

director the last year. There was a period of time when I was doing a lot of acting

After Drinking Buddies

Given the success of his film *Drinking Buddies*, does Swanberg feel like people see him as the go-to person for films you can make for less than a million dollars? "I don't know, maybe," he says. "I've sort of chosen to work really cheaply, and part of that is just a practical mindset coming from no-budget indie movies. But also you just have so much more freedom at a lower budget level. The more money you throw under there, the more you have to make that money back, and I think that I've just chosen to occupy this space because I can stretch out and try different things."

work, and that's kind of slowed down as I've focused more on my own stuff. But I really like to act, so I hope it's something that I'll be able to keep doing. A lot of the films that I acted in two years ago are just coming out now, so it's been cyclical. I don't know, I think of myself as a director. The acting's always been more something that I really love to do but I haven't invested a lot of my energy into it, so it always comes down to just friends calling me and offering me parts in movies. I'm not out there auditioning stuff. I feel like I only get work when people remember me or think of me.

You have your next film as a director, *Happy Christmas*, coming out this summer, which seems like an odd time to release it.

Well, I would describe it as more of a comedy and a family movie than it is a Christmas movie. For an independent film, it's really hard to put a movie out in December. That's when the studios are putting out all of their big Oscar movies, and it's easy to get lost. We talked about it and felt that it was a movie that would stand a better chance of finding its audience in the summer, and then in a perfect world it will be out on DVD around Christmas, and if there's a holiday component to the movie, people can catch it on home video around that time.

DVD review



Alan Partridge

Director. Declan Lowney

Stars. Steve Coogan, Colm Meaney, Tim Key, Felicity Montagu

This is Steve Coogan's big-screen version of his doofus DJ character, Alan Partridge, a comedy mainstay for BBC radio and TV. Happily for Coogan and for us, the humour translates perfectly on this side of the pond.

Oblivious to his own buffoonery, Partridge is like a British version of Ron Burgundy from the *Anchorman* movies.

This is smart-dumb comedy, with the main story working an idea that audiences anywhere can get: the fear of change. Norfolk Digital Radio has just been bought out by a conglomerate that is bent on doing a complete makeover, with a new station name and, of course, staff downsizings.

The 50-something Partridge isn't too dense to realize he could soon be among the pink-slipped. He sneakily moves to protect his own rump by engineering the sacking of colleague Pat Farrell (Colm Meaney).

Fans will smile at Partridge TV show regulars Felicity Montagu, Tim Key, Phil Cornwell and Simon Greenall, all of them guided well by director Declan Lowney. And of course there's Partridge himself, whom Coogan delivers with deadpan aplomb. He claims to be tired of playing the character, but this is the one he knows and does best.

Extras include deleted scenes, a making-of featurette and a commentary track by Coogan and writers Rob and Neil Gibbons.

PETER HOWELL

Hair of the Snoop Dogg

Too much gin and juice? Korean YouTube phenom Psy teams up with lanky rapper for wacky hangover ode

Even Psy is over Gangnam Style. The ubiquitous 2012 hit is one Psy knows he will probably never top, and that makes creating new music quite a challenge.

"People always comparing my new thing with Gangnam Style, which is unbeatable," Psy said in a recent interview at YouTube Space L.A.

"That means I have a severe, heavy pressure on my

shoulder ... In that way I don't like the song."

The bizarre, colourful video featuring the now-iconic horse gallop dance recently surpassed two billion views, a record for YouTube. The South Korean pop star also holds the record for most views in a day with 38 million for his Gangnam Style followup, Gentleman.

The 36-year-old, who was famous in Korea before Gangnam, remains humble about his relatively new international fame. He admitted he is just as thrilled and surprised as his fans when he's recognized on the street.

"If I'm walking out and no one's recognized me and no one is asking me about

autograph or photograph, that's a tragedy," he said. "I should quit my job with that. So sometimes it's tired, yes, of course, but that's part of my job."

Psy decided switching genres would be his best bet for another hit with his latest single, so he teamed with Snoop Dogg on the hip-hop track Hangover. He said the American rapper signed on immediately after only hearing the song's title.

The Hangover video, which debuted Sunday on ABC's Jimmy Kimmel Live! and Psy's YouTube channel, serves as a lesson in Asian hangover remedies. "This video is not about dance moves, but it's about, like, culture exchanging," Psy said.

Psy signed with Justin Bieber's manager, Scooter Braun, after Gangnam's initial success. He said he appreciates Braun's guidance and impressive drinking abilities.

"He is the most strongest tolerance with alcohol

among Americans," Psy said.

"Asians drink really hard and really mixing everything and really drinking hard every day. So literally I was kind of like unbeatable person with the alcohol before I meet Scooter."

Psy will return to his EDM roots on a new EP, due later this year. But this time he plans to include more English lyrics.

"All the people you know, except Korea, they don't have any idea what I'm saying right? They're just waiting for 'Hey, sexy lady,'" he said of an English lyric from Gangnam Style. "I figured out like maybe from now on I should communicate more."

But for now he'll continue rapping in his native Korean based on his new manager's advice: "He saying, 'If you are rapping in English, we already have so many rappers who's way better than you. But if you rap in Korean, you're No. 1 in this country,' which is really smart."

THE ASSOCIATED PRESS



Snoop Dogg and Psy in the video for Hangover. YOUTUBE

Boozin' culture

"Asians drink really hard and really mixing everything and really drinking hard every day. So literally I was kind of like unbeatable person with the alcohol before I meet Scooter."

Psy, Korean recording artist



Mary Walsh in the interactive documentary Seven Digital Deadly Sins. SCREENGRAB

Click addictions. Billy Bragg, Mary Walsh explore their digital sins in documentary

One in three people winds up more depressed after looking at Facebook, and Newfoundland comedian Mary Walsh counts herself among them.

But Walsh, like many of us, can't stop scrolling through endless cute cat videos and selfies, she admits in a new interactive online documentary launched by the National Film Board and The Guardian.

Called Seven Digital Deadly Sins, the documentary examines how 21st century technology has magnified our pride, lust, greed, gluttony, envy, wrath and sloth.

English singer-songwriter

Billy Bragg, novelist Gary Shteyngart, comic Josie Long, musician Bill Bailey and writer Jon Ronson join Walsh in exploring their own online sins.

For example, Bragg admits bashfully that he spends more time watching "epic fail" videos on YouTube and Googling himself than he does writing new songs.

The interactive documentary is already available on The Guardian's website at digital-deadly-sins.theguardian.com. It will launch June 12 on nfb.ca.

THE CANADIAN PRESS

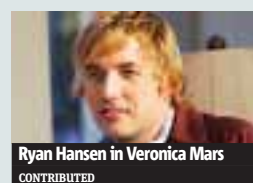
Online TV

Veronica Mars spinoff to launch as a web series

A Veronica Mars spinoff is among four new web series headed to CTV's digital video hub, CTV EXTEND. The web series from creator Rob Thomas premieres this fall and is called Play it Again, Dick. It stars actor Ryan Hansen as himself, as he begs his former Veronica Mars castmates to get his character, Dick Casablancas, his own spinoff show.

A spinoff of CTV's original drama The Listener, called The Toby Logan Files is available starting Monday. Guidestones: Sunflower Noir, a spinoff of Guidestones starring Supinder Wraich as Sandy Rai, and Joke or Choke, a Canadian standup comedy competition produced by Howie Mandel, will premiere on CTV EXTEND on July 15.

THE CANADIAN PRESS



Ryan Hansen in Veronica Mars CONTRIBUTED

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2



Treat your skin

A winter spent indoors can leave you with dry, scaly skin. Olay Regenerist Micro-Sculpting Cream reduces the appearance of lines and boosts hydration and brightness within 10 minutes of use.

3

The facts about daylight saving time

Turning the clock forward each spring can affect sleep patterns and lead to occasional sleeplessness. ZzzQuil contains diphenhydramine HCl, a compound that helps you fall asleep and sleep soundly so you wake refreshed.

To ensure this product is right for you, always read and follow the label.



4



Take care of your digestive tract

A daily dietary supplement such as Align Probiotic Supplement helps bring peace to your digestive system with healthy bacteria that helps provide ongoing relief of IBS symptoms such as abdominal discomfort, gas, and bloating.

To ensure this product is right for you, always read and follow the label.

Rid yourself of germs—easily

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7

Boost your confidence

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8

Increase your fibre intake

If you're not getting enough fibre from your veggies, try a fibre-rich drink. The fibre in Metamucil helps lower cholesterol levels* to promote heart health. Consider mixing a dose of Metamucil with water for a tasty drink—it'll add psyllium fibre to your diet.

*Lowers mildly to moderately elevated cholesterol levels when taken with a low fat diet. To ensure this product is right for you, always read and follow the label.

9

Get aerobic exercise

According to a study in the *American Journal of Preventive Medicine*, engaging in aerobic activity for two and a half hours every week (walking and cycling count!) can add an average of three years to your life. And remember, using Tampax Pearl Active will help you stick to your workout routine even when you're on your period.



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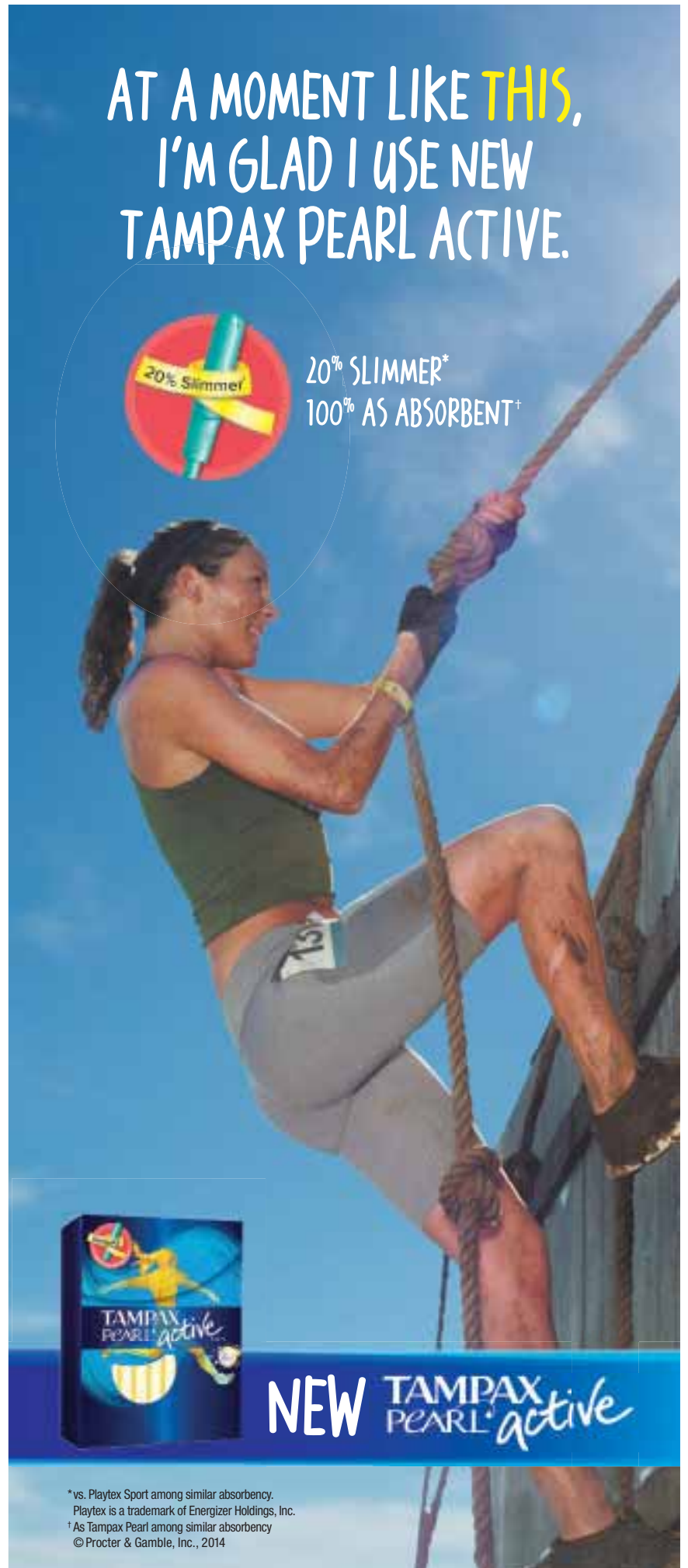


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Sandra Bullock

Alleged burglar caught at Sandra's L.A. home

Police say they arrested a burglar at the Los Angeles home of Sandra Bullock while the actress was there, but she wasn't harmed.

Los Angeles police spokeswoman Nuria Vanegas says officers responded to the call of a prowler around 6:30 a.m. Sunday and arrested 39-year-old Joshua Corbett on suspicion of residential burglary.

Bullock's publicist Cheryl Maisel acknowledged the burglary to People magazine and said Bullock is "unharmed and fine." **THE ASSOCIATED PRESS**

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

George to wed in Venice, but exact plans still Up in the Air

MELINDA TAUB

Metro World News

If you want to crash the wedding of George Clooney and his fiancée, Amal Alamuddin (which of course you do), you might have to hijack a gondola to do it. The two are reportedly planning to wed in Venice.

The lovebirds were recently spotted in Venice touring potential wedding venues big enough to hold all of Ocean's 11. "George and

Amal want to be married in Italy, but they need a location that offers them and their guests privacy," a source told Page Six.

As Clooney fans know, the star is already an Italian resident — he lives on Lake Como. However, he and Amal apparently decided his estate wasn't secure enough to withstand the media circus that will follow the wedding of the world's second most eligible bachelor (Prince Harry's probably No. 1 at this point).

Italy is becoming quite the hot spot for celebrity weddings — Kim Kardashian and Kanye West tied the knot in Forte di Belvedere in Florence last month, and as we all know, as Kim Kardashian goes, so goes George Clooney. He's really got to stop copying her so much.



Rachel McAdams ALL PHOTOS GETTY IMAGES

Don't worry, Gyllenhaals, Rachel McAdams didn't steal your boyfriend

Jake Gyllenhaal and Rachel McAdams turned heads in Pittsburgh recently while out to dinner at local eatery Meat and Potatoes, according to E! News. The date immediately prompted tabloid speculation that a new Hollywood romance is in the works,

but apparently everyone's getting ahead of themselves. It turns out McAdams and Gyllenhaal, who are in Pittsburgh to film their new movie, Southpaw, are just good friends and colleagues. For now, at least.

METRO WORLD NEWS

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Putting her mettle to the pedals

Worthy cause. Danielle Berman uses her bike to ride away stigma about mental illness

AUSTEN
GILLILAND
life@metronews.ca

Danielle Berman is about to set off on the ride of a lifetime.

As the organizer of Ride Away Stigma, Berman's bicycle journey will take her from Vancouver to Hamilton — almost 4,300 kilometres — in seven weeks. In that time, she will raise both money and awareness for mental health and suicide prevention, and help break down the stigma that surrounds mental illness.

She's been preparing for a year, organizing sponsorships and donations, speaking to students about mental health — all while bicycling 85 to 140 kilometres a day, six days a week. "It's basically a full-time job," says Berman, 27, who recently completed her master's degree in social work and is pursuing a career in psychotherapy.

Ride Away Stigma was inspired by her own struggles with depression and by her dad, Dr. Les Berman, a Hamilton-area respirologist who died by suicide in 1999.

Berman was a well-respected doctor and an enthusiastic cyclist. He passed his love of the sport along



Danielle Berman poses with her father's old bike. She will be starting and ending the ride on the bike. DAVE HEIDEBRECHT

to his daughter. "He loved travelling and adventures," says Berman, who will ride her father's refurbished Cannondale bike as she sets off from Vancouver on July 15. "I thought the ride would be the perfect way to honour him."

Although he was never formally diagnosed with depression, Berman thinks his death was caused in part by the way that depression is stigmatized by society — and that it's likely her father felt he couldn't seek treatment without negative social and professional consequences. "It's important that we break down the stigma," she says, "so when people are struggling, they feel comfortable seeking help. That's why I wanted to focus on the stigma. I believe



Danielle as a child with her father, Dr. Les Berman, a well-respected doctor and enthusiastic cyclist, who committed suicide. CONTRIBUTED

Quoted

"We need to do this together to make a difference. It's all of us together."

Danielle Berman, organizer of Ride Away Stigma

that's a huge part of why my dad didn't seek help."

Berman has planned her trip with the goal of maximizing exposure for her cause. "Because I will be on the road for so long," she says, "I'll be able to build momentum and reach as many people as I can." She has invited cyclists across the country to join her as she rides through their city this summer.

By the time she arrives in Hamilton on Sept. 7, Berman hopes to have raised \$60,000. Two-thirds of the proceeds will benefit the Suicide Prevention Community Council of Hamilton and St. Joseph's Healthcare Hamilton, organizations the Ancaster, Ont. woman chose because of the local connection.

"I also thought it was important to do something that can positively affect all of Canada," she says, so the final third of the funds will go to the Canadian Association for Suicide Prevention, chosen to reflect the cross-country nature of her trip — and because mental health is something that concerns all Canadians.

"At the end of the day, this ride isn't about me," she says, emphasizing that defeating the stigma that surrounds mental health issues will take more than just one woman on a bicycle. "We need to do this together to make a difference. It's all of us together."

Get involved

For more information about the ride, or to donate, visit rideawaystigma.com.

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The higher up the fishy food chain you go, the more impact you have on our oceans' fish stocks. One large tuna or swordfish had to eat thousands of smaller fishes over its lifetime, and even more were used as bait to catch it. To boot, the longer that large fish has lived, the more mercury, PCB, lead and other pollutants it has accumulated. (You then get to carry those pol-



lutants around in your body, to your detriment.)

All this means is that the healthiest fish for us (and for the planet) are the smaller fish.

Some of these small fish include delicious species like herring and sardines. Both weigh in with as much, if not more, omega-3 as salmon and are cheap and plentiful.

The bonus of eating these fish is that it helps to create a more sustainable fishing industry and healthier oceans. Aren't you the chicest dinner party/brunch thrower?!

Cooking these couldn't be simpler or quicker. They really are a three-minute miracle.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIEND-INFOOD.COM

Barbecued Small Fish.

Quick and easy to prepare, tiny fish with capers and lemon bake up delicate and sweet

This recipe uses smelts, herring or sardines. You may need to go to a fish market to find them, but it's worth the effort as their sweet, delicate meat cooks in mere minutes.

Purchase cleaned fish. Eating them is easy: Slide your fork over one side to pull off the flesh and expose the skeleton, which can be lifted away whole.

Ingredients

- 1 to 1 1/2 lb small fish
- 1 lemon, sliced
- 2 tbsp capers
- 1/4 cup fresh dill (or 1 tbsp dried)
- 4-6 dashes hot sauce



This recipe makes four servings. THERESA ALBERT

Directions

1. Place fish into a glass casserole dish or lasagna pan.

2. Slice lemons very thinly and lay on top of fish.

3. Sprinkle capers and dill

over fish and splash with hot sauce.

4. Bake in 425F oven or on barbecue for 6-8 minutes.

5. Season at the table with sea salt and pepper.

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Community growth happens at King's

University specializes in liberal arts, business

When it comes to choosing a school for your post-secondary education, a number of different factors often come into play.

For those individuals looking for a post-secondary institution with a small community feel with all the benefits of a larger school, King's University College is worth considering.

"King's is an amazing community of people," says Tracy Cunningham, associate registrar.

"It is a place where students feel supported in their academic and social growth and where they can gain valuable experience as a leader and a team player."

King's is a small, Catholic, liberal arts university affiliated with Western University, which is celebrating its 60th anniversary this year.

"Our small, interactive classes and outstanding faculty are central to the King's experience and our graduates not only leave with the tools necessary to build a rewarding career but to live a meaningful life," says Cunningham.

The degree programs at King's are primarily in the liberal arts; however, they have

IT PAYS TO GO

King's has an excellent entrance scholarship program.

Students from high school who are admitted with a final overall average of 82 per cent or greater are guaranteed a minimum entrance scholarship of \$1,500.

The amount will increase to a maximum of \$3,500 depending on where their final average falls.

specialized degree programs in business, social justice and peace studies, childhood and social institutions, Catholic studies for teachers, an amazing foundation year in western thought and civilization as well as both a bachelor and master's in social work.

"So many students considering King's are community-minded and are looking to make a difference in the career paths they are choosing," says Cunningham.



CONTRIBUTED

"The kinds of undergraduate degree programs that we offer tend to draw the focus of students who are concerned about the world around them and want to be engaged in their communities — whether locally or globally."

Applications for fall courses are still being accepted.

"We know circumstances sometimes change

or that students may have a change of heart and so we are still accepting applications for admission in September and we will continue to accept applications until we no longer have spaces available in our programs," says Cunningham.

For more information, call 1-800-265-4406, or visit kings.uwo.ca/future-students.

Register for Fall 2014!



Western University · Canada

Western University degree
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Award-winning faculty
Big community



266 Epworth Ave, London • 519-433-3491
kings.uwo.ca/future-students



ADDING PURPLE CAN CATAPULT YOUR CAREER

Western graduate gets ahead with continuing education

Sometimes, climbing the corporate ladder at your current place of employment means heading back to school.

When David Landowski was looking to take on a more challenging role with his employer (TD Canada Trust), he looked into the professional certificate in project management at Western Continuing Studies.

"TD's culture really is what motivated me to develop my career and grow within the bank," says Landowski, vendor analyst, credit cards operations and vendor relationship management at TD Canada Trust.

"When you 'add a little purple to your resume' great things can happen."

Landowski started in the phone channel as a credit cards customer service officer and moved into a supervisor position where he found his career seemed to remain stagnant.

He remained in the phone channel credit cards department for a total of five years before realizing he should bring further education into his career for development purposes.

"I have seen it time and time again that corporations are really looking for that University exposure when choosing leaders and selecting



talent for certain positions," says Landowski.

Landowski says working as a supervisor in credit cards has allowed him to gain a lot of transferable skills. Especially when it comes to management and personal development.

"However, gaining the necessary skills to lead projects, facilitate meetings, understand complex documents, etc., are hard to come by from such a position and thus makes it more difficult to obtain a promotion to work in a project related role," says Landowski.

"I wanted to learn these skills in detail so I could separate myself from my competition when applying for these roles."

Landowski says he would recommend this program to anyone interested in working in any aspect of project-related work for their company.

"I impressed the hiring managers with my sound knowledge of the project life cycle and my future aspirations of where I saw myself in the company moving forward," he says.

GET ON THE RIGHT PATH

Take a moment and think about your goals and ambitions.

If you are currently not on the path you want to be, Western Continuing Studies can help get you there.

Registration is now open for Western's fall, winter and spring courses.

"June is an excellent month to start planning your educational pursuits," says Alison Adair, communications manager, currently taking managerial communications and has completed project management.

When planning out your next educational move, consider one of Western's new courses, including new offerings in project management.

"Project management is one of the most sought after skills in today's job market," says Adair.

Western is also pleased to partner with Huron University College to offer the new Saturday series that explores various religions and traditions.

Register in June with the promo code JUNE2014 and save 10 per cent on course fees.

Flexible and accessible classes offered for students



CONTRIBUTED PHOTOS

Going back to school has never been so easy.

Western Continuing Studies makes their programming options accessible to all and offers a number of flexible formats to meet the needs of the students.

"Western Continuing Studies represents the university's commitment to lifelong learning," says Carolyn Young, director at Western Continuing Studies.

"As the bridge between Western and the community — local and global — Western Continuing Studies provides people with learning opportunities that are relevant to professional development and personal growth."

Young says accessibility to the Western student experience is why so many people choose programs at Western Continuing Studies.

With a few exceptions, all of their courses and certificates are open for enrolment to people who are seeking knowledge, skill development and enrichment.

"Whether you are a recent graduate or returning to the classroom after several years, there is no application or waiting period to register for our available courses," says Young.

Western University is recognized nationally as a leader in academic standards and student experience and the courses and programs provide relevant knowledge and skills to ensure results for learners, from professional success to personal enrichment.

Western offers students a number of flexible



Carolyn Young,
Director at Western Continuing Studies

formats, from two-day workshops, evening classes, lunch and learn, or online studies.

"Our flexible delivery means that our students have choices about managing their time, whether they choose courses that are offered on-site in our classrooms, at Citi Plaza or online," says Young.

At Western, there are no admissions requirements except having a desire to continue learning.

"Learning does not stop at graduation," says Young.

For more information, visit wcs.uwo.ca.

COURSES HAVE PROVEN SUCCESS RATE

Western Continuing Studies offers 190 courses and 14 professional certificates including communication, leadership and project management.

Employers recognize the knowledge and

skills generated by these programs.

Numerous students have shared how their learning at Western Continuing Studies has been key to their professional growth and success.



Western

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your career and life
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CORPORATE TRAINING
PROFESSIONAL DEVELOPMENT
PERSONAL ENRICHMENT
POST-DEGREE DIPLOMAS



Western  Continuing Studies

wcs.uwo.ca

OPEN YOUR HOME TO AN ESL STUDENT

This summer, open your door to the world by hosting one of the many international students taking part in the London Language Institute (LLI) summer program.

LLI has hosted groups of students from Spain for the past 11 years, and groups from Brazil for the past nine years, along with groups from Mexico, Korea, Japan, and China.

This July, LLI is anticipating approximately 150 teenagers.

"Our program combines ESL studies with various activities and excursions in London and southwestern Ontario," says Paula Medina, director of London Language Institute.

Students spend four days a week in class, at least one day a week on an out-of-town activity, and have at least one local activity per week.

Marli Caporali, a Brazilian teacher and program organizer, has been taking part in the summer programs since 2005 and finds this program to be a great way to teach ESL.

"As an English as a second language teacher, I find the experience of language learning through immersion very valuable," says Caporali.

Caporali says London is the ideal place for her students to learn English, as the city is accessible and everyone is friendly.

The majority of the students reside with homestay families in London — families who are willing to provide room and board to the students.

The homestay experience is an important part of the program as they provide excellent care for the students and truly welcome them into their homes as an extended member of their family.

"This program would not be complete without the incredible dedication, love and attention of our homestay families," says Va-leeta Bennett, summer program and homestay co-ordinator.

"Not only do they care for our students, they provide the most important element of this program as they become Canadian ambassadors, delivering an authentic Canadian family encounter."

For more information about the London Language Institute summer program, or if you are interested in becoming a homestay family, visit llinstitute.com.



CONTRIBUTED PHOTOS

London Language Institute

Programs offered include:

English as a Second Language (ESL)

Academic Preparation

TESOL Certification (TESL Canada, TESL Ontario, Post-Training)

Test Preparation (TOEFL, IELTS, CAEL)

Business Program

Study/Vacation programs (Summer/Winter)

Please contact us for more information.

www.llinstitute.com

(519) 439-3350

183 Central Avenue, near Richmond St.

info@llinstitute.com

Train for a rewarding career at Westervelt

PSW program gives hands-on education

The personal support worker (PSW) program at Westervelt College addresses the demand of these types of trained professionals in the industry and helps train individuals for a career that makes a difference in the lives of others.

"The PSW program can be very rewarding for the individual," says Tamara Goldrup, an instructor of the PSW program at Westervelt College.

"They provide a very important role, advocating for their clients and allowing the client

to maintain their dignity and independence."

The PSW program consists of 14 modules that allows the students to learn about how to assist their clientele with their activities of daily living, providing them with dignity and some form of independence.

The PSW program consists of three months of in-class instruction, where they will learn about basic anatomy, mobility, safety, growth and development, cognitive impairment, palliative care, basic household management and meal prep.

During this time the students will be provided time and instruction on specific hands-on skills that they would need upon entering their placements, including transfers, bed baths, infant care, and personal care.

After the completion of the curriculum the students complete six weeks at a facility placement, followed by five weeks at a community placement.

"This allows them to apply the skills and knowledge base that was taught by their instructor," says Goldrup.



CONTRIBUTED

Goldrup says there are many opportunities for PSWs once they graduate from the program.

They have options such as working in a long-term care facility, residence, for a community agency, and some hospital settings.

There is also the option to continue their

education to a registered practical nurse or go right into a registered nursing program.

Applications for the July 14 start date are now being accepted.

For more information about the program, call 519-668-2000, or visit the website: westerveltcollege.com.

SUPPORT SYSTEM

Westervelt College provides the students with support from the beginning until the end of their course.

Along with the knowledge base and hands-on skills, the students are taught professional growth and development including resumé development, CPR and first aid, and assists them with financial aid if needed.

Take charge of your career!

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Why Westervelt's Personal Support Worker program?

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- ✓ Save money - FREE Student Parking

There's only 6 months between you & your dream career.
Classes start July 14! Call **519.668.2000** or www.westerveltcollege.com
to get more information.



Encarnacion starts off Jays versus Minnesota

Edwin Encarnacion of the Toronto Blue Jays hits a solo home run in the first inning against the Minnesota Twins on Monday at Rogers Centre in Toronto. The Jays opened up a three-game series versus Minnesota coming off their first consecutive losses since May 29-30. For the game's result and more, go to metronews.ca.

TOM SZCZERBOWSKI/GETTY IMAGES



Visa problems cause Major pitching woes

Baseball. London will need to look closer to home to bolster bullpen



DAVE LANGFORD

dave.langford@metronews.ca

The London Majors have always had great luck at bringing in Central American players for their Intercounty Baseball League team.

That is until this year.

"We've had a lot of visa issues with our import pitchers," Majors manager and co-owner Roop Chanderdat said Monday. "Seems like they're cracking down, putting them through more hoops. Asking

more questions, not letting them in."

Chanderdat said the potential pitchers were from Mexico and Dominican Republic, not players from the United States.

"So I kind of changed my focus last week, and I've started looking for American pitchers," Chanderdat said.

The Majors, 6-5 heading into Monday night's game, did have a pitcher lined up from Venezuela. He was granted a visa, but then he asked for his wife to also be granted access and the request was denied.

Wandy Perez, a Dominican-born pitcher from Tucson, Ariz., was scheduled to arrive at 5 p.m. Monday, but his flight was delayed and he missed the Majors' game in Brantford.

Chanderdat has three import cards remaining and all are destined for pitchers.

But not all the news was bad Monday.

Chanderdat said IBL batting champion Ryan LaPensee will be rejoining the Majors after indicating earlier he would not be back this year.

LaPensee, an outfielder, set IBL records last year for hits (81) and at-bats (189). The 25-year-old former Arizona Diamondbacks farmhand hit .429 in 42 games.

Much like all outdoor sports in London this spring, the Majors faced cold weather challenges early in the schedule. They also had two games slated head-to-head against last month's Memorial Cup hockey tourna-

Upcoming games

Friday: vs. Toronto, Labatt Park, 7:45 p.m.
Saturday: at Guelph, 1 p.m.
Sunday: vs. Brantford, Labatt Park, 1:05 p.m.

- Tickets are \$8 for adults, \$6 for seniors and students.

ment, including the Cup opener with the Knights playing.

Even so, Chanderdat said he is pleased with the crowds to date and hopes to have 5,000 people on hand for the Pack the Park promotion on Father's Day. So far, they've printed 10,000 tickets for the game and 9,000 have been distributed.

Golf

Oaks Club earns 10th Ervasti Cup

The Oaks Golf Club has won the Ervasti Cup for the 10th time in the 18-year history of the event.

The Oaks team of John Bink, Jeff Done, Geoff Goodwin, Scott Kay, Ryan McInerney and Walt Spivak won the event with a combined total score of 32 under-par 472. Highland and Sunningdale were tied for second (-17) with London Hunt one shot behind in fourth. West Haven was fifth and Redtail sixth.

The matches were played on the weekend at Redtail, The Oaks and Sunningdale with six-player teams from each of the six participating clubs.

Ed Ervasti, who turned 100 in January, was on hand Saturday night at The Oaks for a dinner in his honour. The Redtail team included Ed's son, John, and grandson, Jack.

DAVE LANGFORD/METRO

Tennis

Bouchard climbs world rankings

Canada's Eugenie Bouchard has moved up four spots in the WTA tennis rankings following her semifinal appearance at the French Open. The player from Westmount, Que., is ranked a career-high 12th, up from No. 16.

Russia's Maria Sharapova moved up three spots to No. 5 after winning the women's title in Paris on the weekend.

On the men's side, Milos Raonic of Thornhill, Ont., remained in the 11th spot.

THE ASSOCIATED PRESS



Dwyane Wade of the Miami Heat drives to the basket against Manu Ginobili of the San Antonio Spurs during Game 2 of the NBA Finals on Sunday. Scan the image with your Metro News app to see how some of the Finals' top performers have performed through Games 1 and 2. ANDY LYONS/GETTY IMAGES

Heat see themselves in Spurs

Dwyane Wade thinks there's no one better than the Miami Heat at dealing with the mental challenge of the playoffs. In his eyes, only one other team might compare. He's talking about the San Antonio Spurs.

That's why Wade believes these NBA Finals are just getting started.

When he looks at the Spurs, he sees qualities his own team has, including an ability to break down a loss and quickly correct things. It's what Miami did before Game 2 of the finals and it's what Wade expects the Spurs to do before the title series resumes with Game 3 in Miami on Tuesday night.

Record-breaking squad

11

Miami has won a franchise-record 11 straight post-season games at home.

"You never put them away," Wade said. "I think they always believe and it's the same with us. You can't, you won't, put us away because we're always going to believe. That's why this is a perfect, different animal, kind of series. They're the other team like us. They don't lose much and when they do they come back and are better

in the next game."

That would explain why on Monday, instead of a day off, the Heat gathered to watch video of Game 2.

By winning in San Antonio to even the finals at 1-1, home-court advantage now belongs to the Heat. But no one in their locker-room thinks it's going to get easy now.

"They played a great game," Spurs guard Tony Parker said after Miami's 98-96 win in Game 2, the 13th straight time the Heat immediately followed a post-season loss with a victory. "Now it's our turn to go over there and get one."

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

Your confidence is high but today's lunar eclipse of Saturn warns it may be only skin deep. Some kind of setback could easily send you into a tailspin, so strive to keep a sense of perspective.

Taurus

April 21 - May 21

The planets warn you will have to fight hard to get your way today. Alternatively, of course, you could decide the effort isn't worth it and not fight at all. Let fate take its course.

Gemini

May 22 - June 21

The more work you were hoping to do today the more the cosmos will conspire to hold you back. Now that you know that, you can stop flogging yourself half to death and take a breather.

Cancer

June 22 - July 23

Keep your distance from people who seem so negative about life. It's all good at the moment, for you at least, so be optimistic and believe, with all your heart, that great things are coming your way.

Leo

July 24 - Aug. 23

It would be nice if everyone was as enthusiastic about life as you are but it isn't going to happen. All you can do is smile and be a wonderful example.

Virgo

Aug. 24 - Sept. 23

You may feel you are to blame for other people's problems but there is no logical reason why that should be so. The more they try to hold you responsible, the more likely it is to be their fault!

Libra

Sept. 24 - Oct. 23

A positive attitude is essential because if you let even one negative thought creep into your mind it's likely to get stuck there. Life is getting better — believe it, it's true.

Scorpio

Oct. 24 - Nov. 22

There is no point worrying about things over which you have no control. Let go of your fears and doubts and start thinking of life as a great and exciting adventure.

Sagittarius

Nov. 23 - Dec. 21

Something will occur over the next 48 hours that reminds you just how much there still is to learn. You may yearn for perfection but it's never going to happen, so learn to be happy with who you are.

Capricorn

Dec. 22 - Jan. 20

You may find it hard to feel sorry for someone who has clearly brought difficulties on themselves but if they approach you for help today you won't turn them away.

Aquarius

Jan. 21 - Feb. 19

You may be tempted to get involved in an issue that is not your concern but if you are smart you will give it a miss. It will work itself out without your input.

Pisces

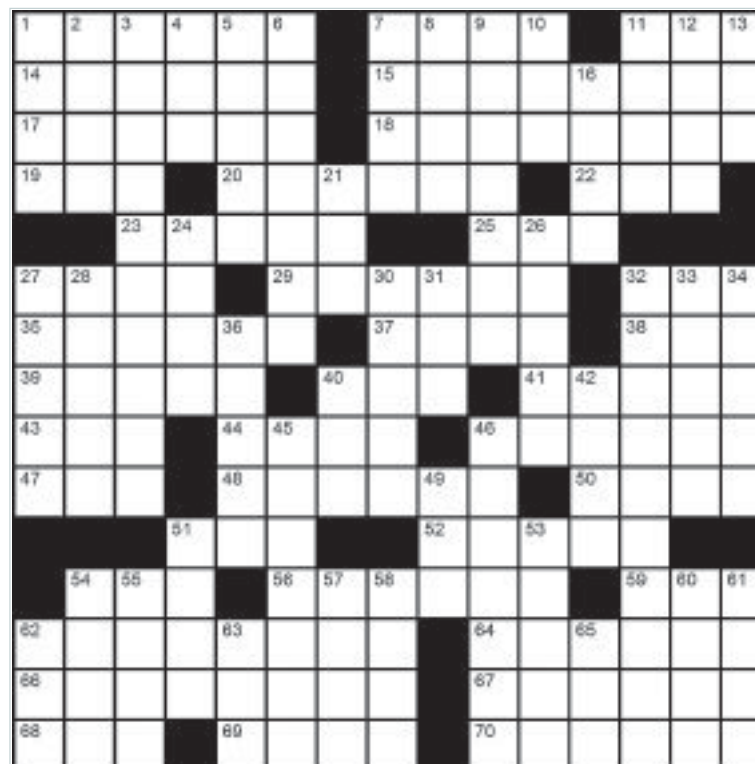
Feb. 20 - March 20

You may want to come and go as you please but Saturn, planet of limitation, won't let you. There is something you need to do before you make your getaway. What might it be? Give it some thought — then act. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- 'Tenth Muse', to Plato
- Prefix to 'cross' (Off-road sport for bikers)
- School org.
- Wobbly
- For example...
Evangeline: A Tale of Acadie: 2 wds.
- Tiger, for one: 2 wds.
- Hogwarts School of Witchcraft and —
- Film studio, DreamWorks —
- ABBA's "—Vous"
- Belief system
- Rolling Stones live album: 'Get Yer — Out!'
- Gird
- Cummerbund
- Watchman
- CFL game div.
- Most kind
- Ms. Turturro of "The Sopranos"
- OPEC member country
- Bakery attraction
- Caesar's 610
- Rocker Mr. Redding's
- Preacher, e.g.
- Provo's place
- Element
- Earlier, olde-style
- Useful accounting info: 2 wds.
- Massachusetts' motto starter
- Blokes
- Reels



- Car company
- "Beauty and the Beast" (1991) character
- Up to —
- 'Ghosts' is this band's brand new album: 2 wds.
- Conceptualize

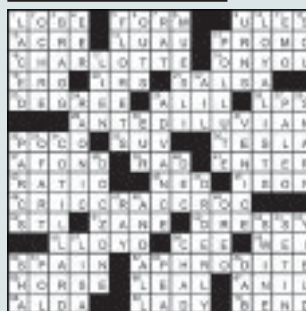
- Ian —, Toronto-born lead singer of #62-Across who is married to #9-Down
- 1997 Green Day album
- London's li'l locale
- Achy
- Assigned a job

Down

- Stand-ins
- Name for Canada's series of satellites
- East Coast: Picturesque postcard place: 2 wds.
- Piping stuff, commonly
- Leaden
- Where to put jam in the morning: 2 wds.
- Weak wine
- Mayberry kid of '60s TV
- Christine — (Host of CBC's "Best Recipes Ever")

- Wood sorrel
- Pea 'packages'
- Condition
- Ms. Adams
- Refined
- Employ
- "Cough..."
- Mr. Gosling's
- Drum kit part
- Broadcaster
- Night: German
- Concert items, commonly
- Government of Ontario hub in Toronto: 2 wds.
- Powders
- Remainder: French
- Lightly fry
- Jadzia —, "Star Trek: Deep Space Nine" role
- Welcoming
- Hybrid citrus fruit
- Put a person in a position
- 'Violin' suffix
- Bryn — (Pennsylvania college)
- Mumbai's country
- The Greg — Band
- Elvis' "— Stung"
- Tennis serving whiz
- Dog breed, — Terrier
- Stick — in the water
- Mr. Foxx
- "Let It Ride" gr.
- Hosp. professionals
- Dorothy's Auntie's namesakes

Yesterday's Crossword

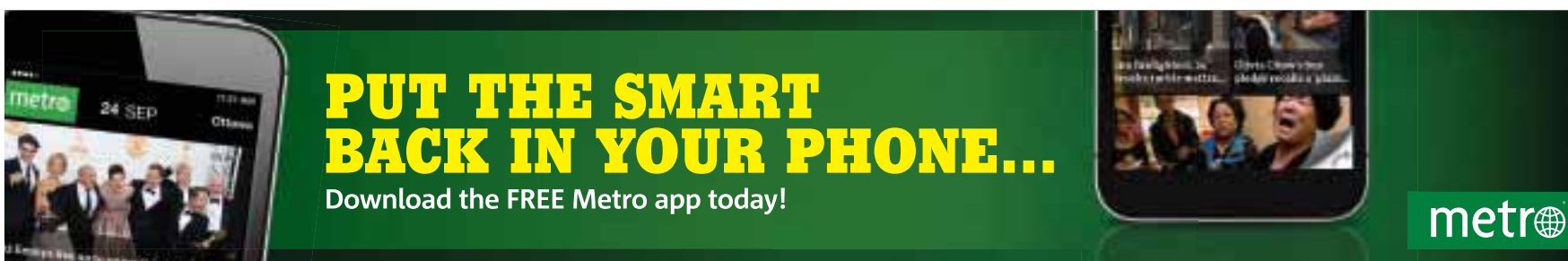
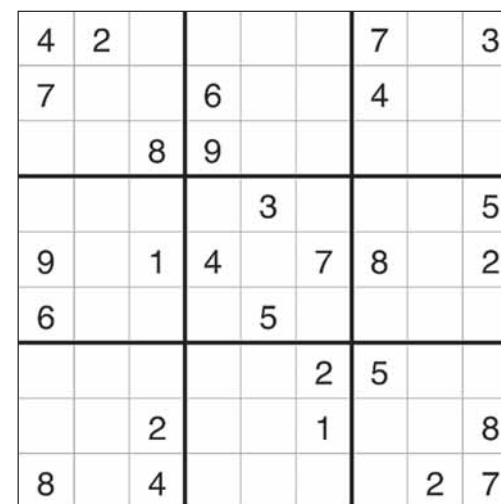
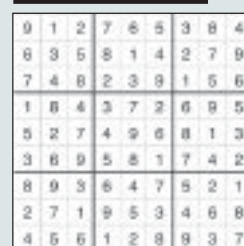


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



19th
annual



Win
Wheel
Game
Show



Free Admission

Carnival Rides

Parents Ride Free **\$20**
With Kids Wristband

Free Activities

Great Food Choices
40 Food Booths

Live Entertainment

Lets Talk Science

Manny Moose & Friends

Face Painting Fun

Silly Hat Ian

Captain Corbin Magician

Game Shows

With **Prizes** to be won

Bikes - Toys - Hats - Games - Crayola

June 13-15

canadasbiggestparty.com